Why is dynamic stretching important?

- Helps to increase the range of motion in your joints, which helps to reduce the risk of injury.
- Helps you to become mentally prepared for the workout ahead.
- Helps you to be continuously moving which increases blood flow to your muscles to keep them warm.
- Prepares your body for the specific movements you will perform during your workout.
- Your muscles and joints will become looser, allowing for more range of motion to improve power.

How long do I need to warm up?

- Five-ish minutes of walking, jogging, biking, rowing, elliptical, and/or dynamic stretching is great.

Want more information?

Visit studenthealth.uiowa.edu/wellness/fitness if you have specific questions about your training.
Why is static stretching important?

- During your workout you build up lactic acid in your muscles that can lead to soreness and fatigue. Stretching helps reduce fatigue by increasing circulation.
- Stretching after a workout gives your mind a chance to tune into how your body is feeling.
- Stretching helps your muscles recover faster from a tough workout, and prevents future injury.

What is considered a cool-down?

- Five minutes of light cardio, foam-rolling, static stretches, etc. Static stretches should be held for at least 15 seconds per stretch.

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Targets: Upper arms, shoulders
- Bring arm straight across the chest
- Use opposite arm to lightly pull the arm the direction your hand is pointing

Targets: Shoulders, arms
- Place your hand on your upper back with elbow bent towards the ceiling
- Gently push your elbow towards the floor

Targets: Chest
- Lock hands behind the back
- Push chest forward and pull hands back, but do not arch your back

Targets: Upper legs
- Keep knee pointed straight down
- Use a wall for support if needed

Targets: Legs, hips, glutes
- Place hands on the ground for support
- Avoid extending the knee past the toes